



Spicy Dry-rubbed Baked Salmon



Makes 4 servings

Ingredients

- 4 4-ounce fresh or frozen salmon fillets
- 4 teaspoons extra-virgin olive oil, divided
- 2 tablespoons packed brown sugar
- 1 teaspoon smoked paprika
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon ground cayenne pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon cumin

Directions

1. Preheat oven to 375 F.
2. Rub 1 teaspoon of oil on a salmon fillet. Place on a small baking sheet, skin-side-down. Repeat with remaining salmon fillets.
3. In a small bowl, combine remaining ingredients. Stir with a fork until well-blended. Rub each fillet with 2 teaspoons of the rub mixture. Place baking sheet in the refrigerator for 10 minutes. Remove from refrigerator and bake for 20 to 25 minutes or until fish flakes easily with a fork. (Fish is done when a cooking thermometer inserted into the center of the fillet reads 145 F.)
4. Serve warm.



MAIN DISH



TIP

You can leave out (or use less of) the cayenne pepper if you prefer a less-spicy tasting fish.

♥ = heart smart

⊗ = low sodium

Ⓜ = gluten free

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Nutrition Facts

Serving Size 1 fish fillet (126g)
Servings Per Container 4

Amount Per Serving

Calories 270 **Calories from Fat 120**

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 65mg **3%**

Total Carbohydrate 7g **2%**

Dietary Fiber 0g **0%**

Sugars 7g

Protein 29g

Vitamin A 2% • **Vitamin C 0%**

Calcium 2% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: fish

Carb choices per serving: ½